

ABSTRACT OF THE DISCLOSURE

A method for inserting one foodstuff, such as sandwich fixings, into a second foodstuff, such as a bread bun, which includes forming a cavity in the second foodstuff. The cavity may
5 be formed by drilling with an elongated, cylindrical drill bit. The first foodstuff is inserted into the cavity by placing the first foodstuff into a carrier, and inserting the carrier into the cavity of the second foodstuff. The carrier is withdrawn while preventing the first foodstuff from exiting the cavity. The
10 carrier can be a flexible sheet of material, onto which the first foodstuff is placed, rolled into a sleeve, and inserted into the cavity. The resulting foodstuff, such as a sandwich, has a substantially continuous wall of bread maintaining the first foodstuff within the second foodstuff.

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